



Boundary Umpires Round 21

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
4x 800m @ 5km Pace
1x TI + 90" Recovery
+
[Bear Drill](#)
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w
+
6x 200m @ 80-85%
1x Throw-In + Walk back 50m
50m fast @ 90% + 1x throw-in + Walk back 30m
30m Backwards trigger + 1x throw-in + Jog 200m b/w sets
+
[Cran w Trigger](#)
+
[Body Armour C2](#)





T3 *or* GAME

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)

+

6x 100m building strides w throw-in after each

+

[½ Mona Fartlek \(Original Recipe\)](#)

